Mail Check and Application to: Parks-Recreation Department, 100 Concord Street, Nashua, NH 030	Parent/Guardian/	(must check box) I have read, agree to and completely understand the Release and Waiver of Liability online at www.gonashua.com. Li understand that the City of Nashua and those associated with the camp program will be absolved of all injuries or accidents in this program. In the event of injury or accident, the staff has my permission to provide necessary medical care.	TUITION NOT REFUNDABLE AFTER ONE WEEK PRIOR TO START OF CAMP Cost: \$90 Per Person Session(s)	Medical ProblemsEmail Address	AddressHome #Emergeno	Child's NameAge	2017 NASHUA SUMMER KARATE REGISTRATION FORM
Nashua, NH 03064-1729.		ility online at www.gonashua.com. solved of all injuries or accidents incurred in ssary medical care.	0 Per Person Session(s)		Emergency #	Age (At Camp Date)	ORM

WHERE TO OBTAIN PARKS & REC. INFORMATION



Nashua Park and Recreation

Information about Parks & Recreation events and clinics being held throughout the summer will be available at the following locations:

- Jeannotte's Market
- Bright Spot
- City Clerk's Office
- Nashua Public Library
- Public Schools
- Private Schools
- The Parks & Recreation Department

The Parks and Recreation Department can also be reached via the City of Nashua's website at www.gonashua.com.

Questions or concerns can be directed to:

Kellie Oberholtzer, Program Coordinator oberholtzerk@nashuanh.gov

Nondiscrimination Policy

The City of Nashua does not discriminate against any individual or group with respect to religion, color, national origin, sex, or handicap for the use of its parks and recreation facilities or any other programs.



City of Nashua, Division of Public Works Mayor Jim Donchess

2017 KARATE CLINIC

 $\begin{array}{c} \text{MONDAY EVENINGS} \\ \text{JULY } 10^{\text{TH}} \text{ - AUGUST } 7^{\text{TH}} \end{array}$

AGES 5 - ADULT \$90/PERSON





Online registrations are now available
Please visit http://nashua.recdesk.com to pay online with credit card for all camps and programs.

CLINIC DIRECTOR

Luis Guzman

Karate Instructor
At Nesta's Kenpo Karate and Jiu Jitsu
&
Helix Martial Arts

Teaches group & private classes from beginner to advanced (white to black belts)

PROGRAM DESCRIPTIONS

Kenpo Karate and Jiu Jitsu Class, Luis Guzman, Instructor

Discover your inner warrior. Learn Kenpo Karate and Jiu Jitsu—a freestyle, adaptive form of martial art that combines classical forms with practical techniques. You will learn how to respond to different situations.

In this exciting and interactive class, you will get a cardio workout, develop focus and concentration, and feel strong and confident.

Basic hand strikes, kicks, blocks, takedowns and throws, and more will be covered. The class will end with breathing techniques to calm, refocus, and sharpen the mind and body. No prior experience required.

GENERAL INFORMATION

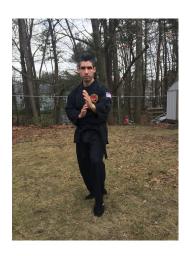
Session I Monday Evenings
July 10, 17, 24, 31, Aug. 7
Ages 5-8 and Ages 9-12
5:30 PM - 6:30 PM \$90

Session 2 Monday Evenings
July 10, 17, 24, 31, Aug. 7
Ages 13— Adult
6:30 PM - 7:30 PM \$90

Program will be cancelled if minimum of 3 campers are not reached. Max. for each session is 50 campers.

EQUIPMENT

- Uniforms NOT needed
- Wear Athletic clothing
- Long pants (preferred)
 - Sneakers
 - Tee shirt
- Optional: protective cup **controlled contact



CHECK ALL THAT APPLY

Session I Ages 5-12

Monday nights
July 10, 17, 24, 31, Aug. 7
5:30 PM - 6:30 PM \$90

Session 2 Ages 13—Adult

Monday nights

July 10, 17, 24, 31, Aug. 7

6:30 PM - 7:30 PM \$90



SUMMERFUN PROGRAM

The City of Nashua, Division of Public Works/ Parks & Recreation Department hosts a number of events throughout the course of the summer months. These events include concerts, live shows, movies and entertainment. These events are all FREE to the public. Calendars can be picked up at the following locations: Parks & Recreation Department at Greeley Park, Jeanottes, Bright Spot, City Clerks office at City Hall, Nashua Public Library and at Triangle Credit Union. Events are also listed in the Nashua Telegraph weekly during the summer season.